

WANT TO CONNECT TO OTHER SENIORS IN THE AREA?

Isolation is poised to become one of the most serious health issues faced by older Americans. Isolation can affect both your mental and physical health and has been linked to the depression that causes early dementia and other health issues. At Lakeview Center our number one goal is to offer social opportunities in addition to resources for healthy aging.

Please come by our office at Lakeview Center to learn how you can meet new people and join in the programs that interest you. OR if there is something you love but don't see it here - we can work on that too. If you need transportation, depending on your location, we can sign you up with Mountain Mobility to get you here. Our Meal Site isn't just about providing hot, healthy lunches but also about opportunities to share and become part of the community. We want Lakeview to be your home away from home. Spring is coming and it's time to get on your way to Active Aging!

Melinda Polites

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Melinda Polites

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Be sure to like us on Facebook!

<https://www.facebook.com/LakeviewCenterforActiveAging/>



Mission Statement: The purpose of the Lakeview Center is to serve older adults from all backgrounds throughout the Swannanoa Valley. It is committed to quality creative programming in recreation, health, wellness and education. Through outreach it also provides supportive services that enrich the lives of older adults. Recognizing that independence, dignity and self-respect are nurtured through recreation, the Center supports active living for older adults. The Lakeview Center is proud to be a North Carolina Division of Aging and Adult Services Senior Center of Excellence.



LAKEVIEW CENTER

FOR ACTIVE AGING

APRIL 2019

April is Volunteer Month and we are celebrating our most valued community members throughout the Recreation & Parks Department for all they do to make our programs possible. At Lakeview Center our volunteers show up every day to make coffee, set tables, serve lunch, work special events, distribute newsletters, as well as a host of other priceless contributions that make Lakeview Center the incredible *Community Center* that it is. Turns out, in addition to being a great way to meet people, volunteering is also good for your health. Helping others can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose while making a difference in somebody's world. If you would like to find out what you can do at Lakeview or in other areas of the community, we can help. Meanwhile, don't hesitate to thank the volunteers around you for all they do. That makes a difference too!



UPDATES & ANNOUNCEMENTS

- FRIDAY, APRIL 5TH: **LUNCH WILL BE DOWNSTAIRS AND MORNING CLASSES WILL BE CANCELED** so that the Town can host the NC League of Municipalities again this year.
- The 2019 schedule for Van Clan Daytrips and 'Out to Lunch' plans is out. Seats are limited so don't delay in signing up. Transportation is \$5. Tickets, tours, and lunch is additional.
- Wildflower walks start up again this month typically on the 2nd Thursday of each month with Jim Poling. April 11, 9 - 11 am. Meet at the tennis court parking lot for carpooling.
- Benefits & Enrollment is moving to one day per month in April. You may sign up for this valuable service by either calling COA at 828 277 8288 or 669-8610 for an appointment to see if you qualify.
- The Tuesday night Bridge Group is looking for new players. Please call Roger at 828 200 2539 for more info on how to participate.

APRIL MONDAYS, 11 - 11:45 am

Monday, April 1- Crafting 'Plastic Spoon Chicks' with Melinda. We're starting early so that we can use this fun place marker all month long. All materials supplied.

Monday, April - 8th - 'Having it your Way and Keeping the Peace'. Discussion about making end of life plans and why it is important. Melinda Polites

Monday, April 15th- Health Ridge Pharmacy. TBD

Monday, April 22 - 'Parkinson's Disease' - an overview. Vaya Health.

Monday, April 29 - 'Manager's Special'. Working on a surprise.

Join us afterwards for lunch by making a reservation by 10:30 a.m. the previous day or find out how you can register for the meal site by calling Trevia at 828 669 2035.

Help Around the House is back this June & July.

Volunteer groups of 20 - 26 students will be available full or 1/2 days for:
Minor Repairs House Cleaning Yard Work Moving Furniture Painting
For more info or to sign up call 828 669 8610.

Fall Travel - The Great Cities of Canada

9 Day Trip beginning September 4, 2019

\$3399 includes Airfare and Ground transportation from Black Mountain

This 9 day adventure begins in Montreal, with a **rail tour** to Quebec City then on to Ottawa, cruises the 1000 Islands, then off to Toronto and Niagara Falls. Departure is Sept. 4th from Asheville Airport and returns Sept. 12th. \$3399 **includes both land & air transportation**. Booking discounts available. Passport required.

If you would like to learn more about these trips, please call or email Melinda (contact info on the back). While there is no commitment, we would love to hear from you as to your interest in this (or any other travel destinations). Don't forget to tell all your friends!

van clan

[(friends) + (road)]
www.fun.com



Van Clan April & May Schedule

Thurs., April 4th Lunch Outing : Dandelion Eatery & Bloomfield Pottery (short side trip)

Friday, April 12th DayTrip: BMW Tour, Spartanburg, Lunch at the Hare & Hound, Landrum

Thurs., May 2nd - Native Kitchen & Social Pub, Swannanoa

Thurs., May 13th - Tourist Baseball Game, Pack Tavern Lunch



The 1st Annual Senior Picnic

Mark your Calendars for Friday, May 17th

Plans are underway for food, entertainment, and a fundraising raffle in the pavilion on the lake

Lakeview Center's Lunch Site

Lakeview Center partners with the Council on Aging to provide a hot, catered meal from the Moose Café five days a week. The only requirement is that you are 60 years old or older. If you want to participate but don't know how to get here, we can possibly take care of that too. There is no limit as to how many days you can come. In addition to a hot lunch, we have coffee and snacks, card games, singing, Sit and Be Fit exercises, chair yoga, expert presentations about healthy aging, and a host of other activities to enhance your social life. We are also a great resource for assistance in all your AGING questions.

To get started, call Trevia at 828 669 2035 to reserve your spot. You can register when you come and inquire about Mt. Mobility for transportation. Suggested donation per meal is \$1.50/day. Please call Trevia by 10:30 a.m. the day before you would like to come. Monthly menus, calendars, and newsletters are available or can be emailed to you so that you don't miss a thing.